



Good Health at Goodwill 2009

Community Screenings and Classes provided by University Health Systems

727 NW Loop 410 at Blanco
San Antonio, TX 78216

Tuesday, Sept. 22

8:30 – 9:30 a.m. Cholesterol screening
9:30 – 10:30 a.m. Topic of Discussion – The Healthy Plate

Thursday, Sept. 24

10:00 – 11:00 a.m. Men's Health – General Health and Hygiene

Tuesday, Oct. 20

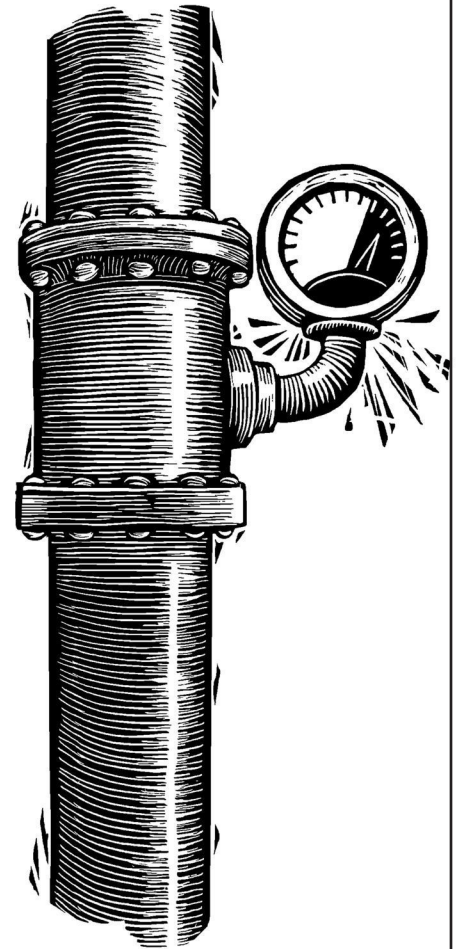
8:30 – 9:30 a.m. Blood Pressure Screening
9:30 – 10:30 a.m. Topic of Discussion – Stress Management

Tuesday, Nov. 17

8:30 – 9:30 a.m. Glucose screening
9:30 – 10:30 a.m. Topic of Discussion – Diabetes Awareness

Tuesday, Dec. 15

8:30 – 9:30 a.m. Cholesterol screening
9:30 – 10:30 a.m. Topic of Discussion – Cholesterol Facts



Class attendees will receive a \$5 gift certificate to Goodwill stores.
Questions? Call UHS at (210) 358-7226 or visit goodwillsa.org.